

Women and Cardiovascular Disease in Michigan 2012 Fact Sheet

Introduction

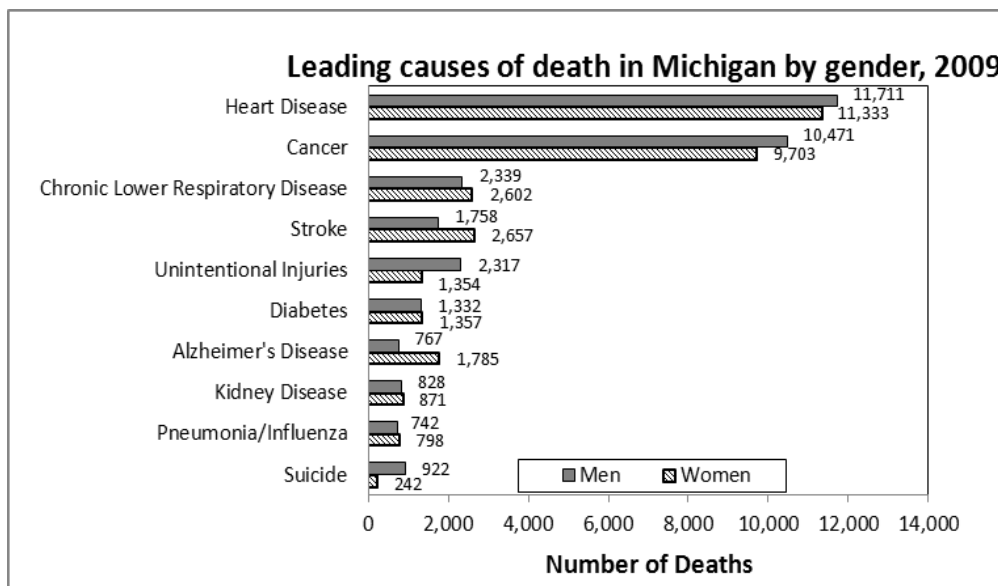
Cardiovascular disease (CVD) is one of the greatest health risks facing American women today. It is estimated that more than 1 in 3 adult women in the United States have some form of cardiovascular disease.¹ In 2009, about 1 of every 3 women in Michigan died of cardiovascular disease.

Awareness of heart disease among women has increased dramatically over the past several years, but 46% of women still do not recognize it as the leading cause of death. Heart disease awareness is even lower among Black and Hispanic women.²

Cardiovascular Disease (CVD)

CVD is a term that describes many different diseases that affect the heart and blood vessels such as heart disease, coronary heart disease, stroke, heart failure, and peripheral artery disease.

- ◆ In 2009, 8.3% of women in Michigan were ever told by a doctor that they had CVD.
- ◆ CVD is the number one killer of women.³
- ◆ More than 32% of all female deaths in Michigan were caused by CVD, followed by cancer (22.4%).⁴
- ◆ Black women were 1.5 times more likely to die of CVD than White women in 2009.⁴



Heart Disease

Heart disease is a subset of cardiovascular disease that includes all forms of disease affecting the heart and blood vessels in the heart including hypertensive heart disease, pulmonary heart disease, atherosclerotic heart disease, heart failure and coronary heart disease.

- ◆ Heart disease caused 67,732 hospital stays among women in 2009.⁵
- ◆ In Michigan from 2007-2009, the heart disease mortality rate per 100,000 among women 35 years and older was highest among Blacks (580), followed by American Indian/Alaskan Natives (470), Whites (387), Hispanics (288), and Asian/Pacific Islanders (175).⁶
- ◆ Over the past five years 60,934 women in Michigan have died of heart disease. This number of women could fill Ford Field for a Detroit Lions football game.⁴

Stroke

Stroke occurs as a result of decreased blood supply to the brain. This condition occurs when a vessel is blocked by a clot or rupture.

- ♦ Stroke caused 14,306 (51.5%) hospital admissions in 2009 among women.⁵
- ♦ In 2009, 60.2% of stroke deaths were among women in Michigan.⁴
- ♦ In Michigan, Black women were almost twice as likely to die from a stroke as White women in 2009.⁴

Prevention

It's never too early or too late to begin a healthy lifestyle:

Engage in regular physical activity, such as walking, jogging, biking, and lifting weights.

Eat a healthy diet including whole grains, fruits and vegetables.

Quit smoking.

Maintain a healthy weight.

In 2009, only 6.4% of the Michigan female adult population engaged in all four healthy lifestyles (healthy weight, adequate fruit and vegetable intake, not smoking and engaging in adequate physical activity).⁶

Warning Signs of Heart Attack and Stroke⁷

Heart Attack Warning Signs

- ♦ Chest discomfort
- ♦ Discomfort in other areas of the upper body
- ♦ Shortness of breath
- ♦ Other signs may include breaking out in a cold sweat, nausea or lightheadedness
- ♦ The most common heart attack symptom experienced by women is chest discomfort
- ♦ Women are more likely than men to experience the following symptoms: pain in back or jaw, shortness of breath, unexplained weakness/fatigue or nausea/vomiting.

Stroke Warning Signs

- ♦ Numbness or weakness of the face, especially on one side
- ♦ Arm numbness, drifting or weakness, especially on one side of the body
- ♦ Difficulty speaking, slurred speech or confusion
- ♦ Loss of vision, loss of balance with dizziness, or a sudden severe headache with no known cause

DO NOT WAIT! Call 9-1-1 or let someone do it for you. People who arrive in an ambulance get faster care.

Resources for Women

American Heart Association. Go Red for Women Program: www.goredforwomen.org

National Heart Lung and Blood Institute. Heart Truth Campaign: www.hearttruth.gov

US Department of Health and Human Services Office on Women's Health: www.womenshealth.gov

National Coalition for Women with Heart Disease: www.womenheart.org

Michigan Department of Community Health: www.michigan.gov/cvh

References:

1. American Heart Association. Heart Disease and Stroke Statistics 2012 Update.
2. Mosca L, Mochari-Greenberger H, Dolor RJ, et al. Twelve-year follow-up of American women's awareness of cardiovascular disease risk and barriers to heart health. *Circ Cardiovasc Qual Outcomes* 2010; DOI:10.1161/CIRCOUTCOMES.109.915538. Available at: <http://circoutcomes.ahajournals.org>.
3. Michigan Department of Community Health Behavioral Risk Factor Survey, 2009.
4. Michigan Department of Community Health, Vital Statistics, 1990-2009.
5. Michigan Department of Community Health, Michigan Resident Inpatient Files, 2009.
6. Centers for Disease Control and Prevention, Division of Heart Disease and Stroke, Interactive Atlas: <http://apps.nccd.cdc.gov/DHDSPAtlas/>
7. American Heart Association, Heart Attack, Stroke and Cardiac Arrest Warning Signs: <http://www.americanheart>